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Institutional Feeding Managers Stewards-Chefs-Cooks

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Vol. 3 No. 3 January 15, 1945

MEAT EXTENDERS AND MEAT ALTERNATES

Meat extender dishes come back into their own with the recent change in meat rationing. Macaroni, spaghetti, noodles and rice, all good meat extenders, are mong this month's foods in abundant supply. There are, however, important factors to be considered when those foods are used as the main dish in the worker's meal.

What about protein content?

A serving of plain macaroni, spaghetti, rice or noodles contains a small amount of protein, but not nearly enough to contribute one-third of the daily requirement. Therefore, they should be combined with meat, poultry, fish, eggs, or cheese, in order to furnish enough protein for an adequate meal. Portions should be not less than six ounces.

These paste dishes that contain neither meat nor a meat alternate, such as spaghetti with tomato sauce or scalloped noodles with vegetables, may be served to accompany meat but should not be used as meat substitutes.

What about flavor, color, texture?

The food manager who knows his public's taste will carefully combine a macaroni, spaghetti, or noodle meal with foods strong in flavor, vivid in color, and different in texture. Tomatoes, green peppers, pimientos, meats and cheese are flavorful additions. Crisp, green salads, add an excellent contrast to the soft-textured paste products. Fruit salads, carrot sticks, and sliced tomatoes all add flavor, color and texture.

Good and Bad combinations -

It is simple to plan an appetizing, nutritious menu, but too often an unappetizing combination appears on the menu board with a main dish of macaroni, spaghetti, or noodles.

(Over)

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Here's a typical example of a poor menu:

Macaroni and cheese
Mashed potatoes
Creamed onions
Whole-wheat bread and butter or fortified margarine
Coconut cream pudding
Beverage

All these foods are soft in texture, bland in flavor, colorless. There is no "eye appeal" to attract the customer and make him think "that looks good". With a few changes, this meal can be transformed to a gourmet's delight:

Macaroni and Cheese
Buttered Carrot Strips
Tossed Green Salad
Whole-Wheat Rolls and Butter or fortified margarine
Cherry Pie
Milk

This menu is colorful. It provides piquant flavor as well as crisp texture in the tossed green salad and the tart dessert. It is more nutritious than the first menu because the vegetables provide a more liberal allowance of Vitamin A and Vitamin C, and because the milk supplies calcium, high quality protein, and riboflavin.

When brown rice is substituted for white, polished rice, it supplies a greater amount of the B complex vitamins and is, therefore, of greater value in the diet.

Other suggestions for combinations -

These suggestions for main-course combinations when macaroni, spaghetti, or noodle dishes are the main dish of the meal have been planned with an eye to texture, color and flavor:

Creole macaroni with meat, buttered green peas, fresh fruit salad.

Macaroni with tomatoes and bacon, buttered broccoli, raw carrot strips.

Spaghetti with cheese, baked Hubbard squash, cabbage slaw.

Italian spaghetti with meat balls, buttered spinach, apple and orange salad.

Scalloped noodles with chicken, buttered green beans, cabbage and carrot salad

Scalloped noodles with eggs and cheese, buttered kale, tomato and endive salad

Scalloped brown rice w. eggs & diced ham, baked banana squash, tossed green salad.

Eggs a la king with rice, harvard beets, broccoli.

Recipes which follow are given for two meat extender dishes and one meat-alternate dish.

Creole Macaroni with Meat

Ingredients	100 portions	500 portions
Macaroni, cut	6 lbs.	30 lbs.
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Canned tomatoes	2 gallons	10 gallons
Onion, chopped	1 pound	5 pounds
Green peppers, chopped	12 ounces	3-1/2 lbs.
Bacon fat	1 pound	5 pounds
Ground beef and pork	6 pounds	30 pounds
Chili powder	1/2 ounce	2-1/2 ounces

Size of portion - 6 ounces

1. Cook the macaroni in boiling, salted water until tender. Drain.
2. Cook the onions and peppers in the bacon fat for 5 minutes. Add the meat and brown.
3. Combine the meat, tomatoes, and spaghetti.
4. Pour into greased baking pans and bake at a moderate heat (350°F) for 45 minutes.

Baked Spaghetti with Pork

Ingredients	100 Portions	500 portions
Spaghetti, broken	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Onions, chopped	1 pound	5 pounds
Carrots, Chopped	5 pounds	25 pounds
Celery stalks and leaves, diced	2 pounds	10 pounds
Green peppers, chopped	1 pound	5 pounds
Pork shoulder, cut in 1/2 in. cubes	10pounds	50 pounds
Bacon drippings	1 pound	5 pounds
Paprika	1/2 ounce	2-1/2 oz.

Size of portion - 6 ounces

1. Cook the spaghetti in boiling, salted water until tender, Drain.
2. Steam the chopped carrots, celery, and peppers until just tender.
3. Cook the onion and pork in the fat until lightly browned.
4. Combine the vegetables, spaghetti, and meat; season with paprika.
5. Put into greased baking pans and cook at a moderate temperature (325°F) for about 1-1/2 hours or until the meat is tender.

(over)

Scalloped Noodles, Eggs and Cheese

Ingredients	100 Portions	500 Portions
Noodles, dry	6 pounds	30 pounds
Boiling water	5 gallons	25 gallons
Salt	2 ounces	10 ounces
Cheese, Cheddar, ground	3 pounds	15 pounds
Paprika	1/2 ounce	2-1/2 ounces
Milk	2 gallons	10 gallons
Fat	1-1/2 pounds	7 - 1/2 pounds
Salt	1/2 ounce	2-1/2 ounces
Hard cooked eggs	50	250
Flour	1 pound	5 pounds

Size of portion - 6 ounces

1. Cook the noodles in boiling, salted water until tender. Drain.
2. Make a sauce of the fat, flour, salt, and milk.
3. Add the ground cheese and paprika to the hot sauce and stir until mixed.
4. Slice the eggs crosswise.
5. Put alternate layers of noodles, cheese, sauce, and eggs in greased baking pans. Top with cheese sauce.
6. Bake at a moderate temperature (350°F.) for 45 minutes or until well heated and lightly browned.

Rice Croquettes

Ingredients	100 Portions	500 Portions
Rice	4-1/2 pounds	22-1/2 pounds
Milk	6 quarts	37 quarts
Water (approx.)	3 gallons	12 gallons
Salt	4 ounces	20 ounces
Eggs, beaten	32	150
Butter or substitute	4 ounces	19 ounces

Cook rice in salted milk and water mixture until tender. Add beaten eggs and butter or substitute and cook until eggs are done. Measure with a No. 12 dipper. Let cool 2 hours. Shape. Dip in egg and crumb. Fry approximately 3 to 4 min. 365°F. Serve with cheese sauce or apricot sauce.

Egg and crumb -

Milk	2 cups	9 cups
Eggs	6	30
Bread Crumbs	1-1/2 pounds	7-1/2 pounds